

November 2018 Low Impact Schedule

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Aerobics Room
	Chair Yoga 7:15-7:45am Meda					Aqua Jog 8-9 am Lap Pool	Chair Yoga 7:15-7:45am Meda					Aqua Jog 8-9 am Lap Pool	Chair Yoga 7:15-7:45am Meda				
Aqua Jog 8-9 am Lap Pool	Silver Sneaker Circuit 8-8:45 am Pamela	Just for You 9-9:30 am	Aqua Pilates 9-10 am Therapy Pool	Silver Sneaker Classic 9-9:40 am	Just for You 9:30 am Pamela	Aqua Aerobics 9-10 am Lap Pool	Silver Sneaker Circuit 8-8:45 am	Just for You 9-9:30 am Shannon	Aqua Pilates 9-10 am Therapy Pool	Silver Sneaker Classic 9-9:40 am Julia	Just for You 9-9:30 am Pamela	Aqua Aerobics 9-10 am Lap Pool	Silver Sneaker Circuit 8-8:45 am Pamela	Just for You 9-9:30 am Pamela			
Aqua Aerobics 9-10 am Lap Pool	Beginner Cycling 9:00-9:30 am Cycling Studio Pamela	Just for You 9:45-10:15 am Pamela		Chair Yoga 9:45-10:25 am Meda	Just for You 9:45-10:15 am Pamela		Beginner Cycling 9:00-9:30 am Cycling Studio Pamela	Just for You 9:45-10:15 am Pamela	Hydro Dance 10-10:45 am Lap Pool	Chair Yoga 9:45-10:25 am Meda	Just for You 9:45-10:15 am Pamela		Zumba® 9-9:55 am Julia C.	Just for You 9:45-10:15 am Tiffany			
Arthritis Noon-1 pm Therapy Pool	Zumba@/ Zumba@ Toning 10-10:55 am Julia	Just for You 10:30- 11 am Pamela	Silver Splash 11 am- Noon Therapy Pool	Silver Sneaker Circuit 10:30-11:15 am Pamela	Breathing and Relaxation 10:45-11:15 am Meda		Silver Sneaker Yoga 10:15-11 am Julia	Just for You 10:30- 11 am Pamela	Silver Splash 11 am-Noon Therapy Pool	Silver Sneaker Circuit 10:30-11:15 am Pamela		Arthritis Noon-1 pm Therapy Pool	Silver&Fit Experience 11:15 am- Noon Deb	Just for You 10:30- 11 am Pamela		PICKLE BALL 12-2 pm Main Gym	
Arthritis 1-2 pm Therapy Pool	Silver&Fit Experience 11:15 am- 12 pm	Just for You 11:15-11:45 am Pamela	Just My Speed 12-1 pm Therapy Pool			Arthritis Noon-1 pm Therapy Pool	Silver Sneaker Classic 11:15 am- Noon Deb	Just for You 11:15-11:45 am Pamela	Just My Speed Noon-1 pm Therapy Pool			Arthritis 2 pm Therapy Pool	Tai Chi Inspired AOA Class 12-12:45pm Jenn B.	Just for You 11:15-11:45 am Pamela			Beginner Line Diancng 11 am-12 pm Blaine
		Line Dancing 12-1pm Julia B. (Aerobics Room)	Arthritis 2-3 pm Therapy Pool			Arthritis 2 pm Therapy Pool		Line Dancing 12-1pm Julia B. (Aerobics Room)	Arthritis 2-3 pm Therapy Pool	PICKLE BALL 12p-1:30p MAIN GYM				Line Dancing 12-1 pm Marilyn (Aerobics Room)		SUNDAY PICKLE BALL 1-3 pm Main Gym	
Aqua Aerobics 7-8 pm Lap Pool							Hydro Dance 7-745 pm Lap Pool	Just for You 4:30-5 pm Diedra			Just for You 4:30-5 pm Diedra						



* High / Medium Impact, Small Group and Cycle Scedules also available!